



Hancock County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Hancock County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Hancock County School System that includes:

- School Health Advisory Committee
- Two Healthy School Teams
- School Health Policies strengthened or approved include the Wellness Policy that has been reviewed, revised and approved by the Hancock County School Board that includes nutrition, health education, physical education and physical activity)
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$125,518 for the years 2007-2011

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Amedisys | ➤ Hancock Public Health Educator II |
| ➤ AmeriChoice/United Health Care | ➤ Hancock County Health Council |
| ➤ Citizens Bank of Sneedville | ➤ Hancock County Highway Department |
| ➤ Clinch Powell Educational Cooperative | ➤ Hancock County School Based Health Centers |
| ➤ Clinch Powell Across Ages Mentoring Program | ➤ Hancock County School Nutrition Program |
| ➤ Felecia Wilder Licensed Massage Therapist | ➤ Harmony Zelenople United Methodist Church |
| ➤ Hancock County Career and Technical Center | ➤ Camairia Lehman |
| ➤ Hancock County Diabetic Coalition | ➤ Judy's Beauty Salon |
| ➤ Hancock County Farmers Cooperative | ➤ Modern Woodman of America |
| ➤ Hancock County Health Department | ➤ Second Harvest Food Bank of Northeast Tennessee / "Back Pack Program" |
| ➤ Hancock County Home Health | ➤ Shepherd/s Corner |
| | ➤ TENNder Care |
| | ➤ Tennessee Farm Bureau of Hancock County |

- UT Agriculture Extension Agency
- Drug Use Prevention Coalition
- Tennessee Nutrition Education Program (TNCEP)

Parents are involved in numerous CSH activities. These activities include Walk to School Day, Body Works Program, Healthy Woman, Men's Tune Up for Life, parent/teacher conferences, Second Harvest Food Bank of NE Tennessee Back Pack Program, Wear Red Day, Heart Health, freshman orientation, National School Breakfast Week, National School Lunch Week, Hoops for Heart, Jump Rope for Heart, BlueCross Walking Works Program, Hancock County Drug Use Coalition "Back to School Bash", Family Night, Great American Smoke Out Day, Spring Fest, School Health Advisory Council, and Healthy Schools Teams. Currently 533 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Second Harvest of Northeast Tennessee Back Pack distribution, Jerod's School Garden Project, career and technical center students who helped with the installation of walking trail signs and painting of trails, students serve on School Health Advisory Council, Healthy School Teams, HCES hand washing classes, Red Ribbon Week Skit and the planting of red tulips at each school, Kick Butts Day Skit, and the tobacco prevention team. Currently approximately 49 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Hancock County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care provider – totals for 2007-2011 are Vision – 1,805 Referred – 105. Hearing – 1805 Referred – 42, BMI – 1,764 Nutrition intervention planned for all grades, Blood Pressure – 1,764 Referred – 11, Scoliosis – 280 Referred – 11, total screened – 7,418 and total Referred – 169.

Students have been seen by a school nurse and returned to class in the 2007-2008 school year. 5,530 visited a school nurse and 4977 were returned to class. In 2008-2009 school year, 4566 students visited a school nurse and 3926 were returned to class. The total seen by a nurse was 10,096 and the total returned to class was 8,903.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

2010-2011 Summary BMI Data for Hancock County

Number of children assessed	Boys 237	Girls 198	Total 435
Underweight	Boys 1%	Girls 1%	Total 1 %
Normal weight	Boys 45%	Girls 55%	Total 50%
Overweight/Obese	Boys 54%	Girls 45%	Total 50%
Obese	Boys 40%	Girls 29%	Total 30%

2009 – 2010 Summary BMI Data for Hancock County

Number of children assessed	Boys 238	Girls 236	Total 474
Underweight	Boys 2%	Girls 2%	Total 2%
Normal weight	Boys 46%	Girls 49%	Total 48%
Overweight/Obese	Boys 52%	Girls 49%	Total 51%
Obese	Boys 35%	Girls 31%	Total 33%

In summary, students classified as Overweight/Obese have dropped 1% from school year 2009-2010 to school year 2010-2011. Also, the percentage of students classified as obese dropped 3% from school year 2009-2010 to school year 2010-2011;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include new middle school playground/equipment, updated playground equipment, physical education/physical activity equipment, comprehensive health education materials, physical activity curriculum tool, aerobics instructor for faculty, staff, and students, healthy foods for nutrition classes, healthy drink (100% fruit juice) for cafeteria, healthy foods for nutrition classes, office supplies, variety of incentives to promote exercise, nutrition, etc., nutrition/physical activity newsletter;

Professional development has been provided to school health staff and includes professional in-service for faculty and staff: Ninety Minute Physical Activity Law, The Competitive Foods Rule, Workshop Physical Activity in the Classroom, TAKE 10! Training, SAVE Act Training, Michigan Model Curriculum, GoTrybe, Safe Schools Institute;

School faculty and staff have received support for their own well-being through school based health clinics offer primary care to all staff, health information services and physician referral are offered as requested, free screenings are offered and include BMI, blood pressure, free vaccinations (flu shots), free aerobics class for faculty and staff, and biggest loser competition.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – comprehensive health education training, SBHC Health Educator, CSH and partners provide classroom education on a variety of health topics;
- Physical Education/Physical Activity Interventions – Hancock County wellness policy, BlueCross Walking Works Program, Take 10!, GoTrybe, Jump Rope for Heart, Hoops for Heart, physical education classes with certified physical education instructors, new and updated playgrounds, and aerobic classes;
- Nutrition Interventions – Hancock County wellness policy, Fresh Fruit and Vegetable Program, Farm to School Program, Registered Dietitian employed by CSH, school garden, promotion of school breakfast and lunch programs, nutrition education provided by CSH and other partners, professional training for physical education staff, and the Power U program;

- Mental Health/Behavioral Health Interventions – SBHC Health Educator, Project Basic, Michigan Model curriculum, Mental Health Team, in-service training for faculty and staff on bullying, mental health, and development of a school counseling referral form.

In such a short time, CSH in the Hancock County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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